

SOGL Kindergarten Family Prayers

March: Saint Joseph Table Food Blessing

Preparing to Pray

On March 19, we honor Saint Joseph, the husband of Mary, who cared for Mary and Jesus. One of the most beloved traditions that honor him is the St. Joseph Table.

Joseph provided for his family, or “put food on the table,” by working as a carpenter. Long ago, Italian families decided to honor Saint Joseph on his feast day by preparing a huge meal and inviting the poor, the homeless, and the sick to share in the food. Soon the tradition of the St. Joseph Table spread all over the world.

When your parish celebrates this feast, have your child help you to make bread, dessert, or some other food item to donate. If your parish does not have a St. Joseph Table, bake or prepare food to donate to a soup kitchen or homeless shelter. You might also prepare a meal for an elderly relative or neighbor. Before donating the fruits of your labor, bless the food, using the prayer below.

Praying Together

All: Make the Sign of the Cross.

Invite family members to extend their hands over the food.

Leader: God our Father, we ask you to bless this food in honor of Saint Joseph, who cared for Mary and Jesus. Help us to care for everyone in our family.

All: Amen.

Leader: Help us to care for people who are lonely or hungry.

All: Amen.

Leader: Help us to remember the special meal we share at Mass when Jesus gives us his Body and Blood in Holy Communion.

All: Amen.

Conclude by singing together a familiar “Amen” verse from the Mass.

Working with Your Child

- Provide large sheets of construction paper and markers for your child to create special place mats for your evening meal on Saint Joseph’s feast day.
- Talk with your child about the different ways family members show love and care for one another, as Saint Joseph did for Mary and Jesus.